



# Neti: Healing Secrets of Yoga and Ayurveda

*David Frawley*

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The neti pot is one of the most popular new methods of personal hygiene and health improvement available today. This simple tool for nasal irrigation, coming from the ancient tradition of Yoga and Ayurveda, is a great way to counter nasal congestion, sinus allergies headaches and many other health problems that can otherwise be difficult to treat. By enabling you to breathe better it can give you more energy that can literally transform your life. Neti: Healing Secrets of Yoga and Ayurveda is the most thorough and practical presentation of how to use the neti pot yet available. Notably the book shows the place of such 'nasal therapies' in India's great healing traditions and their broader relevance for treating common diseases.

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